

Suzanne Deason

If the sale of over five million DVD's world-wide is any indication, then Suzanne Deason is one of the most accomplished mind-body fitness professionals of our time.

A classically trained yoga and Pilates teacher, Suzanne has successfully used these two disciplines to create a library of over 20 user friendly, yoga, Pilates and Balance Ball DVD's and has maintained a following of loyal fans for nearly three decades.

With almost 30 years of teaching experience, Suzanne's knowledge of the body and movement is extensive. She has been the lead trainer in many teacher training programs in the US and abroad and has led group retreats throughout Hawaii, Mexico and California. She teaches private and group yoga, Pilates mat and Pilates equipment, and has created many specialty classes for athletes, back care, post natal, menopausal symptoms and stress relief. She masterfully creates classes using nothing but a mat or adds variety and complexity by using small equipment such as balls and bands to modify or intensify a program.

Whether teaching in a private setting or at conventions with 250-300 people per class, Suzanne is known for her ability to clearly communicate intricate movement that takes her audience on a journey to a new level of understanding the body which fosters insightful new perspectives regarding ones health and wellness. Her experienced, creative and innovative approach to fitness and movement allows her to address the needs of a wide variety of individuals. Her goal is always to challenge and inspire people to *enjoy* taking care of themselves.

Recently, Suzanne moved to Summerwood in Lake Houston where she has family and friends. "My goal is to promote health and wellness within my new community, make new friends and share the many benefits of my experience and expertise." She will be starting a 12-Week Perfect Weight program at Ekam Yoga Center in January, and will be available for private sessions in yoga and Pilates.

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